



Quick and Easy Guide to Taking a Great Photo

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How to Take a Great Photo

We want your profile to feel thoughtful, attractive, and authentic, and a strong photo plays a big role. It doesn't need to be professionally done, but it *does* need to be clear, well-lit, and recent. Whether you're taking a selfie or having someone help, here's what we find works best:

Use Natural Light

Stand facing a window or step outside during the day. Cloudy weather is often ideal because it gives soft, even light. Avoid indoor overhead lighting or taking photos at night, as they tend to cast shadows and flatten your features. You don't need filters or artificial flash setups, just clean, natural lighting.

Choose a Clean Background

Neutral backgrounds help keep the focus on you: a blank wall, an uncluttered room, a park, or a city backdrop. Avoid messy bedrooms, open closets, or anything with visual distractions. You don't need anything fancy, just aim for something simple and intentional.

Frame it Well

The best crops are usually from the around the mid-chest and up or full-body. Make sure your full face is visible, centered, and in focus. If you're taking a selfie, hold the phone at eye level or slightly above, not from above or below. Use the back camera if possible since the quality is better. If someone else is taking the photo, have them stand about 5 to 10 feet away. Make sure the camera is steady and level with your face. Take a few shots with slightly different expressions or angles. Kids can even help if needed, just guide them to hold the phone steady and aim for your eyes.

Look Like Yourself on a Good Day

Wear something you'd wear on a first date: clean, flattering, and true to your style. Avoid logos, costumes, hats, and sunglasses. A relaxed, natural expression works best. You don't need to strike a fancy pose, just aim to look open and approachable.

Send the Best Version

Always send the original image, not a screenshot or photo-of-a-photo. Avoid anything low-resolution, grainy, or overly edited. If you're unsure which are best, feel free to send as many as you like. We're happy to help choose the strongest photos for your profile.

In short

The best photos feel natural but intentional. Clear lighting, a clean background, and a confident expression go a long way. It doesn't need to be too complicated or annoying, it just takes a little time to get it right.